QUICK CONVERSATION GUIDE · FOR CARING ADULTS

Talk Together

Book references: Story pages 3, 5, 7, 9, 11, 13, 15, and 17

Not sure what to say next? Use these short questions after reading **Brave & Kind**. There are no wrong answers: listen, stay curious, and let children talk, draw, or act things out.

Heart · Kindness

Ask: How can we show care for ourselves and others? Who needed kindness in the story?
Try: Do one kind thing together today and talk about how it felt.

Leaf · Finding Calm

Ask: What helps your body feel calm? What can you notice around you right now?
Try: Take three slow breaths together, then name three things you can see.

Shield · Bravery & Safety

Ask: Who is a trusted adult you can ask for help? What can you do when something feels unsafe?
Try: Name your trusted adults together and practice saying, “I need help.”

Community Helpers · Appreciation

Ask: Who helps care for our school, neighborhood, and parks? How can we say thank you?
Try: Draw a picture or write a kind message for a community helper.

Kind actions. Calm actions. Brave actions.

There is room for everyone.